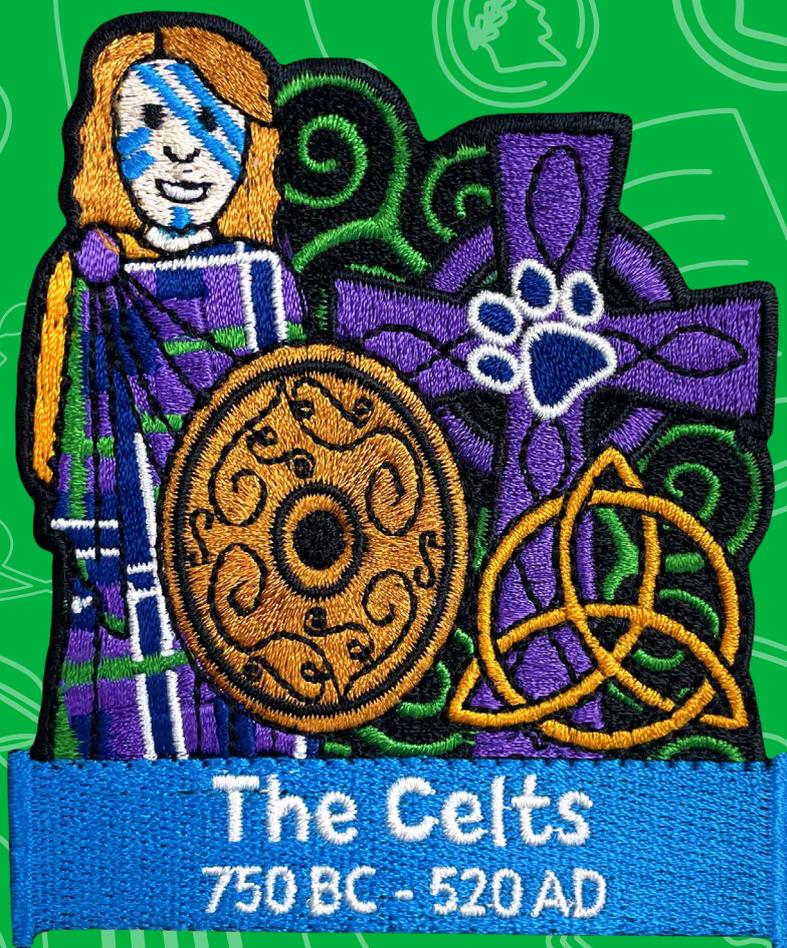


Celts Challenge



The largest group of people to inhabit ancient Europe!
The ancient Celts were a collection of tribes and fierce warriors, famous for their colourful wool patterns, Scottish tartan textiles and blue face paint.

For even more programme ideas check out our 'Celts' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK - solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family

HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

Age 3 - 5						
Age 5 - 7		Craft	Food	Games	Other	PICK
Age 7 - 11	+					
Age 11 - 14	+					
Age 14 - 18	+					
Age 18+	+					

Leaders, Teachers & Parents
Award yourselves a badge for supporting your young adventurers in their activities!

TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

Terms of Use

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

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Share photos of you enjoying your adventures with us on social media.	Use any text, graphics, content or fonts without our written permission.

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Craft

**PAWPRINT
BADGES**

- 🌀 Paint your face with Celtic face paint. We're unsure of how true this is, but many people believe that Celtic warriors wore striking blue war paint and shouted fierce war cries to scare away their enemies.
- 🌀 Create your own paints using natural dyes and pigments.

Did you know?

Wode, also known as Dyer's Wode, was an important source of blue dye produced from the leaves of the plant before synthetic dyes were created. For an extra challenge, discover whether the Celts used wode or other natural materials/plants to create their iconic blue paint.

- 🌀 The Celts wore long tunics paired with coats, capes and belts. Hold your own fashion show, featuring Celtic inspired outfits. Why not make your outfits out of clothing that you don't wear anymore?
- 🌀 Draw a Celtic knot. Check out Celtic patterns on our 'Celts' Pinterest board.
- 🌀 Design and make a Celtic shield. Glue string and bottle caps onto a cardboard shield, and then cover it with glue and tin foil. To finish, paint onto the top of the foil with brown paint to give your shield a copper finish!
- 🌀 Make a model of a Celtic iron age hill fort. The Celts built hill forts on hill tops that were surrounded by ditches and walls to keep enemies out.
- 🌀 The Celts were known to be expert metal workers, that crafted many objects out of iron bronze, silver, and gold. Make a piece of jewellery from silver clay or recycled tin foil materials.
- 🌀 Create a relief printed Celtic pattern.

How?

Make a cardboard template first. Glue string onto a cardboard square in Celtic patterns. Once dried, paint the string with colours of your choice then press your template face down onto paper to print your pattern.

- 🌀 The Celts made neck rings, and bracelets for their arms and wrists. Cut plastic bottle rings and cover them in foil to create arm cuffs/bracelets.
- 🌀 Some warriors wore helmets with animals, birds and crests on top. Design your own family crest or create a hat with a bird on the top!
- 🌀 Build your own sculpture. Early Celtic sculptures focused on human forms.



Food

**PAWPRINT
BADGES**

- Try game meats such as venison, rabbit and pheasant. The Celts were skilled hunters, farmers and gatherers, and hunted wild animals such as wild boar. This was usually cooked over a fire pit in the centre of their roundhouse.
- The Celts farmed lots of root vegetables such as carrots, parsnips and onions. Make a carrot and parsnip soup. Like a bit of a kick? Try curried carrot and parsnip soup - add a dash of ginger and 1/2 tsp of chilli powder.
- Roundhouses were made from wood and stone and usually contained a central fire that was used to heat the house, cook food and boil water. Try lighting a fire outside and cooking on it.
- Make a recipe with honey.

Why?

In Celtic myths, bees were seen as royal beings with great wisdom and acted as messengers between worlds that brought back messages from the Gods.

- A classic Celtic diet consisted of foods such as mushrooms, berries, wild garlic and apples – foods that could be grown or foraged. Make a dish using one or more of these ingredients (extra Pawprint points if you can make a dish that uses all 5 ingredients!).
- Make natural cordials using wild ingredients you can find in your local area. Be sure that it's safe to eat/drink before picking.
- The Celts would eat blackberries, gooseberries, blueberries, and a standard breakfast would consist of porridge. Combine the two and top your porridge with these berries for an extra fruity Celtic breakfast.
- Bake a walnut or hazelnut bread. Fancy extra flavour? Go nuts and use both!
- Chicken, eggs, and salmon were sometimes occasional additions to meals. Make a meat, fish or protein dish of your choice.
- Spinach and leeks were common veggies grown by the Celts - they couldn't just pop to the supermarket for food, they had to grow or catch it! Add sautéed spinach and leeks to your next meal as a healthy side dish.
- Celtic recipes often contained barley, wheat and emmer. Experiment with different types of flour and grain, and how they affect the texture of bread.
- Enjoy a fresh glass of milk. Celtic wealth was often measured by the size of your cattle herd. The more you had, the wealthier you were seen to be!



Games

**PAWPRINT
BADGES**

- ☿ Pull bean bags/each other on sleds or on black bin bags and race in teams, just like you're pulling an iron plow.

Did you know?

The Celts are said to have brought the iron plow to Britain, bringing on the agricultural revolution. An iron plow required 8 oxen to be pulled! These iron plows contained iron blades and were used to loosen the soil before seeds were sown.

- ☿ The Celts were fond of music, and enjoyed playing flutes and lutes. Make up your own Celtic tune or play or game of 'guess the song' with a penny whistle. You could even try learning the flute!
- ☿ If the weather was good, the Celtic people enjoyed holding horse and chariot races. Get competitive with wheelbarrow races or horse broomstick races.
- ☿ The term 'Celt' wasn't actually used until the 18th century. This is a modern name used to describe the tribes of people. Find out what your family name means in history. Has it changed over time?
- ☿ Compete in a mini tribe Olympics.

Why?

Celts who settled in England were split into many different tribes, including the Gaels, Gauls, Britons, Irish and Galatians. Hold your own mini Olympics where players are split into tribes that compete against each other. Why not go all out and make tribe flags, chants, face paints, dances and uniforms to complete your tribe vibe?

- ☿ Celtic women had the option to be trained as warriors because they were seen as powerful and allowed to reveal their strength. Some Celtic women even owned their own property. Make up your own Celtic trading game. Would you sell your property for 5 cows? What about for a new sword so that you can fight as a warrior?
- ☿ The Celts didn't have electronic devices in their time. For entertainment, they played board games. Play a board game of your choice. Why not use this activity to contribute to your Games Challenge badge?
- ☿ Learn how to play Fidchell, an ancient Celtic board game that translates to mean 'Wood Wisdom'.
- ☿ Some Celts hunted wild boars, foxes, and deer on horse back. Play a game where you have to hunt for treasure, special objects or bugs around your home or local area. If hunting for bugs, never harm the creatures you find!

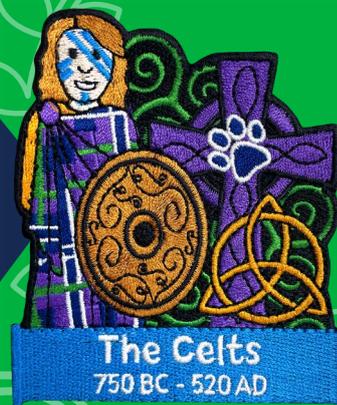


Other

- 🌀 Learn some Welsh. Today, the Celtic languages that remain are the Breton, Cornish, Welsh and Gaelic languages.
- 🌀 Celtic lands were owned communally. Find out where your local community spaces are and what services they provide, or just spend time out and about in your local community.
- 🌀 The Celts lived during the Iron age. Some of the first cemeteries were made by the Celts, who buried people in ground with a variety of objects such as armour and swords to honour them in the afterlife. Take part in a community clean up of local cemetery, or find out about someone buried in your local cemetery.
- 🌀 Watch a documentary about the Celts.
- 🌀 Culture and history was passed down verbally from the ancient Celtic times, as the Celts were known to not be very literate. Write a speech or poem about what you've discovered about the Celts and perform it in front of your group, a family member or friend.
- 🌀 Visit a Celtic burial site.
- 🌀 Discover the Celtic symbols and what they mean. Ancient Celtic symbols were an important part of culture, symbolizing aspects of life and religion.
- 🌀 Celtic women were equal to men and could choose their own husbands. They were never forced into marriage and were even given a 1 year trial period with a new husband-to-be. If things didn't work, they cut things off and that was that! Think of all of the things you'd like a 1 year trial for. Living with somebody new/on your own? Becoming the Prime Minister? A new job?
- 🌀 Discover more about each Celtic tribe and the characteristics of that tribe.
- 🌀 Some Celtic women became famous leaders, such as Queen Boudica. Hold a debate where you have to convince the audience of why you should be their leader. "I should be your leader because...".
- 🌀 The Celts were very hands on. They were skilled in blacksmithing and farming. Visit a blacksmith forge or farm that's local to you.
- 🌀 Discover more about the gods and goddesses in Celtic mythology. Who were they and why were they important? Which would you be if you could? You could create a Celtic Gods and Goddesses booklet individually or as a group, full of all of the facts you discover.

Adventure Complete?

Reward your young adventurers with their Celts Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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